

(1)

Series:
Meta Self Help
Looking after yourself (by fulfilling
the laws of Allah

Book:
Looking after yourself part 1 (introduction)

Bismillahirrahmaanirrahceem

Looking after oneself is of utmost
important.

Allah says in the Quraan

"Qun anfusakum wa ahliikum
Naara"

"Save your self and your family"

wa Allahu A'lam, in Shaa Allah.

at the same time, wa Allahu A'lam

Allah also says elsewhere in
the Quraan:

"Allah will not change
the situation of a people until
they change their own situation -
wa Allahu A'lam